



MISSION FIRST...PEOPLE ALWAYS...ONE TEAM



PT Safety

(Briefer Info)



Terminal Learning Objective

- **As a leader of a PT activity, the student will recognize hazards and implement control measures into the unit physical training program in accordance with (IAW) AR 350-15 and FM 21-20.**



Pt Regulations And Schools

- **AR 350-15 ARMY PHYSICAL FITNESS PROGRAM**
- **AR 600-63 ARMY HEALTH PROMOTION**
- **FM 21-20 PHYSICAL FITNESS TRAINING**
- **DA PAM 350-15 COMMANDERS HANDBOOK ON FITNESS**
- **DA PAM 350-18 INDIVIDUALS HANDBOOK ON FITNESS**
- **DA PAM 350-21 FAMILY FITNESS HANDBOOK**
- **DA PAM 350-22 YOU AND THE APFT**
- **FL Reg 350-1 TRAINING AT FORT LEWIS**
- **US ARMY PHYSICAL FITNESS SCHOOL, FORT BENNING, GA**
- **MASTER FITNESS TRAINER COURSE (LOCALLY TAUGHT)**



Measuring Fitness

- **Cardiorespiratory endurance (2 mile run).**
- **Muscular strength and endurance (push/sit-up).**
- **Anaerobic condition.**
- **Competitive spirit, the will to win, and unit cohesion.**
- **Self-discipline.**
- **Body fat composition (AR 600-9).**
- **Ability to cope with psychological stress.**



PT Policy

- **Includes all soldiers, branches, units and agencies.**
- **Commanders establish programs with AR 350-15 and FL Reg 350-1**
- **Meet standards in AR 350-15, FM 21-20 and FL Reg 350-1**



Training Policy

- **All personnel will take part.**
- **Standards may be increased but not lessened.**
- **Leadership is critical to success, lead by example.**



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Signs that Endurance Limits are Met

- **Decline in ability to maintain current level.**
- **Shortness of breath.**
- **Light-headedness, faint, loss of consciousness.**
- **Nausea or vomiting.**
- **Limping, strains and sprains.**
- **Muscle and joint pain.**

NOTE

If the leader detects any of these signs, exercises will be stopped and the soldier will be referred for medical help.



Signs that Serious Conditions Exist

- **Irregularities in heart beat.**
- **Chest discomfort, including pain, tightness, pressure, constriction, or a feeling of smothering.**
- **Cessation of perspiration; hot, dry skin and confusion.**
- **Muscle cramps.**

NOTE

Not all chest pains are symptoms of danger. Those that increase with exercise, however generally are.



Planning and Evaluating the Program

- **Environmental considerations:**
 - Heat - wet bulb reading, dehydration and heat injuries.
 - Cold - frost bite and cold other cold weather injuries.
 - Traction - icy roads, gravel roads and wet grass.
- **Soldiers' levels of conditioning:**
 - Low - slowly increase the intensity.
 - High - not everyone is at the same level.
 - Age - over 40 cardiovascular screening program.



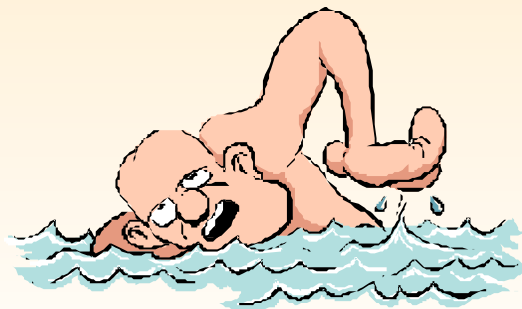
Planning and Evaluating p.2

- **Facilities:**
 - **Availability for inclement weather.**
 - **Instruction for proper use of equipment.**
- **Traffic:**
 - **Routes - low traffic and closed roads.**
 - **Procedures - roads guards in formation.**
 - **Formations - run three abreast on side of roads**



Planning and Evaluating p.3

- **Emergency Procedures:**
 - **Medical facilities - know where they are.**
 - **Emergency vehicles for training off post, and road marches.**
 - **Objective is to enhance soldiers abilities to meet the physical demands of war.**
 - **Training should challenge soldiers.**





Most Common Injuries and Causes

- **Common injuries are caused by:**
 - Overuse (Most can be treated with R.I.C.E)
 - Exercising too much and too often.
 - Too rapid an increase in the workload.
- **Common injuries associated with exercise:**
 - Dislocation - bones out of joint.
 - Blisters - liquid under the skin.
 - Shinsplints - injury to the soft tissue of the shin.
 - Sprains - stretching or tearing ligaments at a joint.



Most Common Injuries and Causes p.2

- **Common injuries associated with exercise (cont.):**
 - Strains - stretching or tearing of the muscles.
 - Contusions - bruise with bleeding into the muscle.
- **Injuries associated with running:**
 - Black toenails.
 - Ingrown toenails.
 - Stress fractures of the feet.
 - Ankle sprains and fractures.
 - Knee injuries, etc., etc.





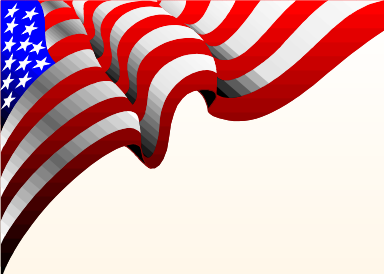
Tactics, Techniques And Procedures For Preventing PT Injuries

- **Don't overstress any body parts.**
- **Allow enough time for recovery.**
- **Include warm-up and cool-down.**
- **Gradually build up.**
- **Reduce running on concrete.**
- **Proper clothing.**
- **Proper equipment.**



Tactics, Techniques And Procedures For Preventing PT Injuries p.2

- **No headphones while walking, jogging, skating, or bicycling on the roads of military installations.**
- **Hydrate - drink at least 20 oz. of water 30 min prior. (If you are thirsty then you are already dehydrated!!!)**
- **Acclimate gradually to new climates.**



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Questions?

